



2023 Albuquerque Strength and Conditioning Clinic
12 Annual Clinic
Jewish Community Center
5520 Wyoming Blvd. NE Albuquerque, NM 87109



Sponsors:



Heights Chiropractic and Sports Medicine

Saturday, October 28, 2023
8:20 am to 4:20 pm

In Person Attendance, Zoomed, and Recorded.

Schedule

8:20 am – 8:30 am: Introduction

8:30-9:20 am The American Lifestyle Is a Disease.

The 5 nutrition principles that will fix it!

Brant Bermudez, MS, OTR/L, CHT, PNL1 & 2 (Precision Nutrition)



The diet landscape is confusing and your clients want a simple system. In this presentation, Brant will make it simple to help your clients be successful. These 5 key principles will optimize your client's results and their health. You will leave with a simple step by step process to dial in your client's habits and lifestyle to deliver a true transformation to mind, body and health.

9:30-10:20 am Why do we do that?

Jim Lezeau, MS, CES, PES

District Personal Training Manager, Defined Fitness



Join Jim in a thought provoking presentation on why we choose to do what we do as fitness professionals and personal trainers.

Learning Objectives:

- Learn why some movements are contraindicated that shouldn't be and why some aren't contraindicated that should be.
- Learn new and different ways to look at an exercise to decide whether or not you think it is the best fit for your program.
- Learn new and more effective ways to program for clients based on what they need you for in order to get optimal results.

**10:30-11:20 am Physiology of High Intensity Functional Exercise
Jessica Smith, CSCS, PhDc. ICWA Co-Owner**



High-intensity functional training (HIFT) is a unique exercise training program that emphasizes functional, multi-joint movements that can be modified for all fitness levels to elicit superior muscle recruitment and fitness benefits. Come learn the physiology and metabolic effects of this popular training modality.

11:30- 12:20 pm The Benefits of a Long-Term Athletic Development Model in the Private Sector

Roman Escandon, CSCS - Athlete Ready, Director of Coaching/Owner



Riches are in the niches, or are they? In this presentation, Roman will explore why being a “generalist” in the Strength and Conditioning industry might be the strongest position to take from a technical, interpersonal, and professional model. Specifically, he will speak on his 14-year experience coaching youth to pro, and everyone in between and how to use a Long-Term Athletic Development model to help more people and help your people more. The intended learning objectives are as follows:

1. How does an LTAD maximize technical ability?
2. How does an LTAD enrich your community?
3. How does an LTAD improve your bottom line?

1:30-2:20 Injury Prevention Mobility for the Strength and Conditioning Athlete

Dr. Arlianne Scott, Physical Therapy, Fellow of the American Academy of Orthopaedic Manual Physical Therapists, Board-Certified Orthopedic Clinical Specialist

American Physical Therapy Association Certified Clinical Instructor, BS in Exercise and Sport Science



Description/Objectives:

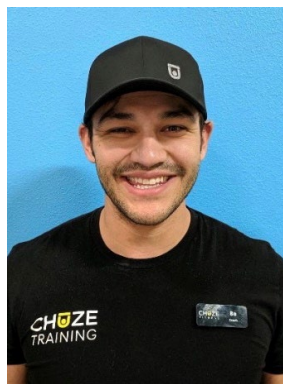
1. Identify common injuries among athletes
2. Determine how to quickly screen these injuries
3. Implement mobility work to prevent and address these issues
4. Learn when and how an athlete should be triaged

2:30-3:20 pm CrossFit as a Masters Athlete (40+ years and older)
Tori Lau, MS Exercise Science
Owner of Gainz Fitness, Home of CrossFit 469
MS Exercise Science
CF-L1 , PNC-L1



Discussion of practical methods for applying CrossFit to an aging population, taking into consideration how age, fitness levels, personal goals, and injury/health status combined can create different challenges to both the athlete and the coach. In this talk, participants will learn the benefits of incorporating not only strength into their Masters level clients, but other important components such as balance, socialization, repetition, and practical exercises for everyday life. In this discussion, the Masters athlete will be in reference to those clients/athletes 40+ years of age.

3:30-4:20 PM The Physiological Pros and Cons of Unilateral Resistance Training
Bo Yabra
Graduate Student UNM Exercise Science
TSAC-F, CPT, FMS-1



- 1) Unilateral Resistance Training: Physiological Adaptations & Benefits
- 2) The use of Unilateral Resistance training modalities has become a top method within the world of exercise.

This discussion will analyze the overall benefits, risk factors and discuss the physiological adaptations that members/clients/athletes can have with a program that uses concurrent bilateral and unilateral resistance training modalities. Also, within the discussion we will explore how, through known physiological adaptations, fitness professionals can improve their skillset of programming unilateral resistance training effectively.

NSCA Continuing Education Credits: 0.7 Earned Provider Number: L1244-E2310

NASM Continuing Education Credits: 0.7 Earned
Listed at NASM Web Site Under The Fitness Superstore
Provider Number: 984

Registration Fee: \$65 Student Fee (High School/College): \$40

Due: Thursday, October 12, 2023

Late Fee: \$75.

Student Late Fee: \$50

For additional information or questions contact:

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